



## **Of Course You Can!**

**By Summer Brasuel**

**UCCE Master Food Preservers of El Dorado County**

It's time to get ready for the first\***FREE**\* public education class of the year, presented by the UCCE Master Food Preservers of El Dorado County. The first class, **Of Course You Can! Food Safety and Basic Water Bath Canning**, begins with a crash course in food safety and moves along to explanations and demonstrations of basic canning, a preservation method which requires only a few inexpensive tools to master. There will also be a presentation on the safe use of steam canners.

Among the many methods of home food preservation, water and steam canning allow for safe, easy preservation of high acid foods. Fruits, jams and jellies, sauerkraut and pickles may be canned, as well as most tomato products and fruit butters and marmalades.

The Master Food Preservers offer \***FREE**\* classes in safe home food preserving on Tuesdays and Saturdays throughout the harvest season, starting Tuesday, July 7, 2015 through October. Classes begin at 10:00 a.m. and end at approximately noon. All of the public education classes are free to the public, and a good time will be had by all. The instructors volunteer to teach because they genuinely enjoy preserving food and sharing their knowledge with others. Each class includes lecture, demonstrations of the techniques with plenty of time for questions and answers.

Mark your calendar now and do not miss any of these informative classes. Download the schedule of classes from our main website: <http://ucanr.edu/edmfpclasses>. Be sure to check the website from time to time for the most current information on topics and locations.

Questions about safe home food preservation? Call the UCCE Master Food Preservers and leave a message on their hotline, (530) 621-5506. A Master Food Preserver will return the call. The

Master Food Preservers are also available speak to organizations and clubs about food safety or food preservation topics. Just call the number above to arrange for a speaker for small or large groups. For more information, be sure to go to the website at <http://ucanr.edu/edmp>. Visit us on Facebook!

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